



Muhlenberg School District K-12 Café Menu

This institution is an equal opportunity provider. Menus are subject to change.

Tuesday, December 2

Breakfast

Ultimate Breakfast Round
Assorted cereal

Lunch

Mickey's French bread pizza
Goldfish cheese crackers
Steamed mixed vegetables
Goldfish graham cookies

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, December 3

Breakfast

Dutch waffle
Assorted muffins

Lunch

Chicken tenders with dip
Mashed potatoes
Buttered corn
Pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, December 4

Breakfast

Breakfast burrito
Assorted cereal

Lunch

Cheeseburger on wheat bun
Baked corn chips
Lettuce, tomato, dill pickles
Peaches

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, December 5

Breakfast

Mini pancakes
Assorted muffins

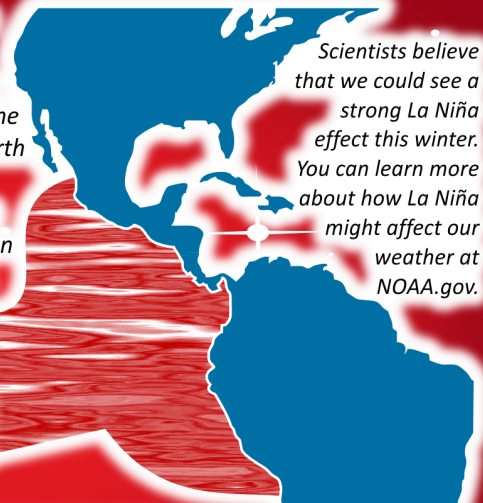
Lunch

Chicken and cheese quesadilla
Fiesta rice and beans
Pineapples
Cinnamon churro

*MEC & C.E. Cole: breakfast
for lunch day: French toast,
hash browns, sausage patty,
orange smiles, juice, milk

The climate phenomenon known as "La Niña" occurs in years when Pacific Ocean waters off the coast of Central and South America become cooler than usual. La Niña tends to make the southwestern states drier, the southern U.S. warmer and drier, the northwest and north central states colder and snowier, and the mid-Atlantic and northeast warmer, resulting in more mixed precipitation for those folks.

La Niña



Scientists believe that we could see a strong La Niña effect this winter. You can learn more about how La Niña might affect our weather at NOAA.gov.



What's on YOUR plate?

REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!



From:
All of your Food Service Staff, have a happy and healthy holiday season!

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Muhlenberg School District Food Service Department

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

OUT COLD.

Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month: "Caesar Salad"

Caesar Salad was invented by (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920's.

Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special!

Cardini's recipe included raw egg and anchovies, but today's standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg!) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!



Monday, December 8

Breakfast

Pop tarts
Assorted cereal

Lunch

Pepperoni Stromboli
Marinara sauce
Garlic butter green beans
Cinnamon apple slices

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, December 9

Breakfast

Mini waffles
Assorted muffins

Lunch

Chicken fajita bowl
Rice, peppers & onions
Salsa, sour cream
Fruit filled churro

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, December 10

Breakfast

Scrambled eggs w/ cheese
Assorted cereal

Lunch

Muhl muffin sandwich
(Egg, sausage, cheese)
Tater tots
Orange smiles

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, December 11

Breakfast

Cereal bar
Assorted muffins

Lunch

Corn dog nuggets
Mac & cheese
Baked beans
Fresh fruit selection

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, December 12

Breakfast

Breakfast pizza
Assorted cereal

Lunch

Mickey's pizza slice
French fries
Raw veggie sticks w/ranch
Applesauce

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Monday, December 15

Breakfast

Bagel with cream cheese
Assorted muffins

Lunch

Chicken patty sandwich
Waffle fries
Broccoli with cheese sauce
Pears

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, December 16

Breakfast

Cheese omelet
Assorted cereal

Lunch

Biria chicken tacos
Crispy tortillas, jack cheese
Rice, cilantro, raw onion, lime
Tropical fruit salad

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Wednesday, December 17

Breakfast

Maple waffle
Assorted muffins

Lunch

Grilled cheese sandwich
Tomato soup
Goldfish crackers
Fruit cocktail

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Thursday, December 18

Breakfast

Mini French toast
Assorted cereal

Lunch

Sweet and sour chicken
White rice
Stir fry vegetables
Mandarin oranges

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Friday, December 19

Breakfast

Egg, ham & cheese, on roll
Assorted muffins

Lunch

Bosco cheese filled sticks
Marinara sauce
Caesar salad
Side kick fruit ice

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Monday, December 22

Breakfast

Pancake bar w/toppings
Assorted cereal

Lunch

Chef's choice entrée
Chef's choice side
Chef's choice side
Chef's choice dessert

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free

Tuesday, December 23

Breakfast

Chef's choice breakfast
Assorted muffins

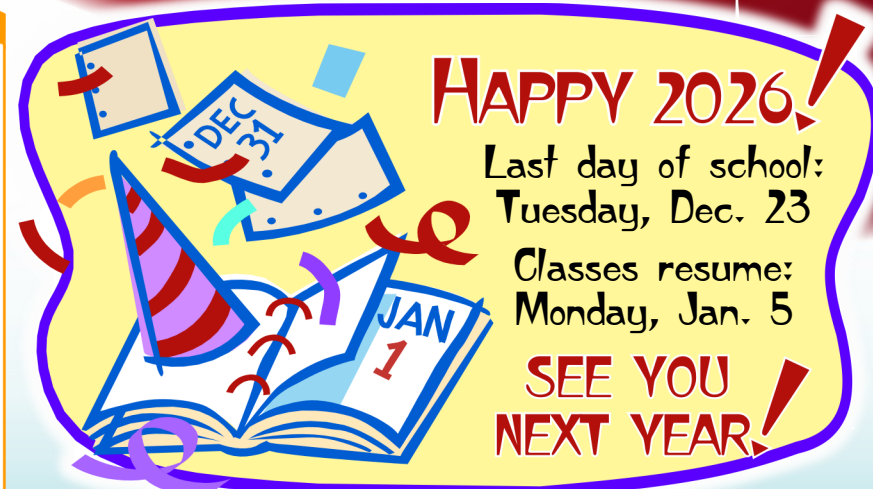
No lunch

Today

See you

Next year!

All meals will have a choice
Of milk and juice
Menu subject to change
All meals served for free



HAPPY 2026!

Last day of school:
Tuesday, Dec. 23

Classes resume:
Monday, Jan. 5

**SEE YOU
NEXT YEAR!**